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Bulletin

OF THE

National Tuberculosis Association

Vol. IX **JUNE, 1923** **No. 6**

All Aboard the "N. T. A. Special"

The "N. T. A. Special" is assured. Five cars of tuberculosis folk will run out of Chicago and Kansas City. In addition, there will be a library observation car, a combination club and baggage car with barber-shop, stenographer, bath, etc., and a dining-car, with à la carte breakfast and lunch, and a $1.50 table d'hôte dinner.

If you have not reserved your berth, do it now through the nearest Santa Fé representative, or through the National Tuberculosis Association.

Progress of National Health Council

By Dr. Linsly R. Williams, Managing Director

The National Health Council was organized in 1920 and is composed of the representatives of the more important national health agencies. Its object was to bring about the coordination of the activities of the voluntary health agencies, and to seek a closer cooperation between the various associations. The member organizations are represented on the Council by their executive officers, duly elected by their respective boards of directors, and each representative has an alternate. These representatives in some instances have been granted authority to act for their respective associations on certain matters.

One result of the efforts of the Council is the creation of a national health library for the use of all the associations, and a Common Service Committee or Service Department which makes all arrangements for rent, light, heat, janitor service, multigraphing work, telephone, shipping and accounting service for the majority of the member organizations.

During the past winter a special committee of the National Health Council was created, known as the Committee on Programs and Budgets. This Committee has held numerous meetings, has studied the programs and activities of each association and has published a report of these activities. At the present time a careful study is being made of the budget, methods of fund raising and expenditures of each of the associations in complete detail. The object of this study is to endeavor to secure a uniform type of budget and accounting system, so that each association may readily compare its work with that of the others and try to standardize types of work and salaries.

There is also a committee on field service which seeks to collect information from the reports of field trips made by the representatives of the different organizations so that there may be a central clearing house of information which will ultimately be available not only for the member organizations, but also for affiliated associations or affiliated groups who may be interested in making use of this material. Studies are now being made by the Committee on Publicity to ascertain the costs of printing the various magazines published by the member associations, with a view toward simplifying the procedure and, if possible, reducing expenses.

The council, through committees of its member organizations, is also studying and developing plans on such subjects as health films, national health examination campaigns, health expositions, the publication of a set of standard health books at moderate cost and similar projects.

In recognition of the growing importance of the Council, and in line with the action of other members, the National Tuberculosis Association will hereafter print on its letter heads the words "Member National Health Council."

N. T. A. Membership Campaign

Numerous suggestions recommending that the National Association secure new members, either as direct members or as joint memberships, which would include local, state and the national organization, have been received by the managing director of the Association. In all these recommendations it has been suggested that the National Association give to members, where a joint membership is concerned, the BULLETIN and the *Journal of the Outdoor Life* or certain other specially prepared informative articles on special phases of antituberculosis work which would be issued six or eight times a year. It has been suggested that it would be possible, without much trouble, to secure 50,000 members for the National Association either as members of the Association or as joint members of the local, state and National association.

The object in obtaining memberships is (1) to secure financial support; (2) for moral support and interest; (3) for the possibility of educating members; (4) the remote possibility that the seal sale may not always be effective.

It seems obvious that all associations having large memberships must expect to secure from 10% to 30% new members annually in order to preserve a fixed maximum. It would cost the National Tuberculosis Association $10,000 or $12,000 a year, with a director, stenographer and several clerks, to carry on satisfactorily an effective organization for securing direct memberships.

The Direct Membership Plan

In order to secure a large number of direct members for the National Association, it would be necessary to carry

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N. T. A. Membership Campaign

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on active propaganda. There is no doubt that the services of the Publicity and Publications Service and the Campaign Service would be required to give a large amount of time to boost the subject of memberships. Other staff members would be required from time to time to lend their services in speaking, interviewing, and so on.

The Indirect Membership Plan

Indirect membership which would give membership rights to local, state and National Associations is much more complicated, and would undoubtedly require a division of the money received from members somewhat as follows: $2.00 to the local association, $1.50 to the state association, and $1.50 to the National Association. This plan, however, would undoubtedly give a great deal of moral support to the national and state associations if there was a large membership list. If the National Association received $1.50 from a large number of persons, it would furnish the BULLETIN and *Journal of the Outdoor Life* to these members. It could not, however, afford to do any of the overhead work necessary to obtain members and the work would fall upon the secretaries of the state and local associations.

A number of state and many more local associations already have members who pay an annual subscription of from $1.00 to $5.00, and it would be difficult to work out a combination to suit the needs of these different state and local associations. An association now receiving $5.00 for a member would not be very enthusiastic about seeking new members for $2.00, etc.

It is also the custom in some localities to send a membership card to persons who buy a certain number of Christmas seals, say, from $2.00 to $5.00 worth.

A question is raised, therefore, as to whether or not the launching of a big campaign for memberships, whether through the local associations or by the National Association itself, would interfere somewhat with the routine work of the various affiliated associations, and with the highly technical machinery used for the Seal Sale.

Relative Value of the Different Objects for Which Members Are Sought

Financial Support. It would seem that the National Tuberculosis Association and its affiliated associations now receive a greater financial support from the Seal Sale than any other national association, and that the sums of money spent on anti-tuberculosis work and allied health subjects by the various associations are considerably more than the sums spent for the eradication of any other particular disease. The National Association would probably not receive an increased income from joint memberships, although it might increase its income if it had direct members.

Moral Support and Interest. There is no question but that, if the number of members of the National Association and its affiliated associations were increased to 50,000, and if these members could receive the regular publications of the National Association, it would give a power and influence to the National Tuberculosis Association and its affiliated associations far in excess of what they now have.

Education of Members. If joint memberships are sought with the object of education alone and not for moral support, it might be possible to furnish members of local and state associations with copies of the BULLETIN and the *Journal of the Outdoor Life*, or some other special publication for a comparatively small expenditure of money.

Seal Sale Membership. If an endeavor is made to secure moral support and to educate new members, would it not be possible for the local and state associations to agree on a policy of giving membership in the local, state and National Association to every person who purchases $5.00 worth of seals? A membership card could be given to these persons. The local associations would forward names and addresses of these persons to the state and National Association so that their names could be kept on the mailing list of both state and National Association. This plan would probably be unwise.

Relation of Memberships to Other National Associations. It is known

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ANOTHER OF THE SERIES OF FIVE HEALTH POSTERS SOLD BY THE NATIONAL TUBERCULOSIS ASSOCIATION

Modern Health Crusade
DEPARTMENT

Nine Silver Trophies in National Crusade Contests

In addition to the two silver cups already in use for inter-city and inter-state contests, seven new cups have been donated to the National Tuberculosis Association as trophies in the national Crusade contests.

The Division of Health, General Federation of Women's Clubs, of which Mrs. Walter McNab Miller of Missouri is Chairman, is the donor of the cup to be awarded to Knights of the Round Table. It will be known as the Women's Club Trophy. Mrs. Miller has presented the ebony base for the cup.

The Conference of State and Provincial Health Authorities of North America, on the recommendation of their Advisory Committee on the Crusade, Dr. Eugene R. Kelley, Dr. J. S. Crumbine and Dr. W. S. Rankin, passed a resolution at their annual meeting recently held in Washington, D. C., to donate a cup, to be known as the State Health Officers' Trophy. It will be awarded to Knights Banneret Constant.

Mr. Emile Berliner, the famous inventor of the telephone microphone, and a national leader in the sanitation of the milk supply, is the donor of the Washington Nutrition Cup to be awarded for the most Crusaders who have qualified by the performance of the nutrition chores, in ratio to school enrolment for the year. Mr. Berliner was also the donor of the cup for the first Inter-City Contest.

The four new cups in the inter-city and county contests have been donated by Mr. F. F. Hendrickson, Mr. C. S. Seamans, Mr. John B. Van Cleft and Mr. Paul W. Gardner, all of Scranton, Pa., who are deeply interested in child health.

Four inter-state and five inter-city silver-cup contests will be held annually. Each cup will be awarded to the schools in the state, county or city in which the most children, in ratio to school enrolment for the year, meet the requirements specified. Each cup will be awarded for one year, but will become the permanent property of the schools in the territory in which it is won three times. The trophy will be held in custody for the schools by the department of education or the health association for that territory.

First among the inter-state contests will be that for the Chivalric Cup to be awarded to the schools in the state having the most Modern Health Crusaders of any or all ranks (squire, knight, knight banneret and knight banneret constant) in ratio to total school enrolment for the year. Each pupil counted must have the required record of performing 54 or more of the health chores, including a bath, in each of the 12 weeks during the school year. The 12 weeks need not be consecutive. The second cup, the State Health Officers' Trophy, will be awarded for the most Crusaders of the rank of Knight Banneret Constant. Each pupil counted must have had the required record of performing 54 or more of the health chores each week for 12 weeks in each of four school years. The third cup, the Women's Club Trophy, will be awarded for the most Knights of the Round Table qualifying during the school year in accordance with the requirements in the Crusade manual. The fourth, the Washington Nutrition Cup, will be awarded for the most Crusaders who have qualified by the performance of the nutrition chores, in accordance with the requirement for the Chivalric Cup.

In the inter-city and county contests, cups will be awarded to counties and cities with populations from 7,000 to 20,000; 20,000 to 50,000, and 50,000 to 100,000. Counties with populations of 100,000 and upwards, and cities with populations of 100,000 and upwards, each have a cup for which to compete. All of these city and county cups will be awarded for the most Crusaders qualifying in accordance with the conditions governing the Chivalric Cup.

Tournament and Cup Contest Reports

The closing date of the Second National Tournament in Health Knighthood is June 16th.

Teachers whose classes are competing for honors in this Tournament are reminded that their reports in full on the official report forms are due in the office of the tuberculosis (or public health) association for the state in which the school is located *not later than June 30th.*

The state associations, after arranging and classifying the reports, will forward them to the office of the National Association.

Chore records must accompany the reports of all *banner* contestants; for *pennant* contestants, the official report form is all that is necessary.

Reports of the total number of Crusaders credited with fifteen or more weeks' performance of chores during the school year are due from all counties and cities on the same date (June 30th). The total will be reported to the National Tuberculosis Association in the inter-state and inter-city silver-cup competitions.

ONE DIVISION OF THE 6,000 CHILDREN OF PATERSON, N. J., WHO PARTICIPATED IN A HEALTH PARADE DURING CLEAN-UP WEEK

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that other large national associations endeavor to maintain their financial resources by means of memberships and that one association in particular was this year endeavoring to secure a large increase in the number of its members. It seems possible that some of these other national associations might ultimately be brought into closer contact with the National Tuberculosis Association and that possibly in the future a closer cooperation or possible amalgamation of some national societies could be financed by a seal sale and membership plan.

Health Training in Schools

The handbook for teachers "Health Training in Schools," prepared for the National Tuberculosis Association by Miss Theresa Dansdill, will be off the press the first of July. Orders totaling nearly six thousand have already been received from all sections of the country.

"Health Training in Schools" presents a complete course of health lessons based on information, specific acts, corrective exercises, projects, stories, poems and games. Outlines for lessons throughout the year are provided for every grade below the high school. It contains actual material for each lesson and is thus a time-saver for the teacher. It is a supplement for any text-book now in use in health education, and it can be used without a text-book.

The book will contain between 350 and 400 pages and will have a handsome cloth binding. Copies may be secured from the National Tuberculosis Association or its affiliated state associations.

Longer Periods of T. B. Treatment

Sanatorium physicians are urging a longer period of treatment for tuberculosis cases than was generally thought necessary twenty years ago. It was formerly thought that six months' treatment would completely cure most incipient cases, but the few sanatoria that have followed up discharged patients, find that after five, ten, or fifteen years, from fifty to seventy-five per cent. of their former charges are well, and of those who have died practically all have died of tuberculosis. Social workers, as well as dispensary and private physicians in the larger cities complain of the fact that many patients leave sanatoria apparently fit for work, but relapse within a few months after their return. These cases find great difficulty in securing readmission into the same or some other sanatorium, as the stage of their disease is then considered too far advanced.

The solution for the problem is difficult to find. It may be in the training of the patient to perform light work, and gradually increasing the amount until he can leave the institution as a full-time wage earner. This, of course, necessitates a longer curing period. Some authorities recommend farm colonies and work-shops for after-cure. Here the question is raised as to whether it is not feasible to perform this after-cure and preparation for future wage earning work at the sanatorium. The director of the Veterans' Bureau recently announced the organization of so-called "convalescent centers" where men will be sent for a longer convalescence and vocational training, after the disease has been arrested by sanatorium treatment. The Consultants on Hospitalization to the Secretary of the Treasury have also provided generous space for prevocational training in the several sanatoria now being built by the Government upon the Consultants' recommendations.

The two greatest gaps in the present machinery for the care and prevention of tuberculosis appears to be the detection of the early cases and immediate provision for their treatment, and second, the care of the patient who is discharged from the sanatorium as a supposedly arrested case. It will be well for sanatorium authorities to carefully consider what steps can be taken to enforce the "work cure" at the sanatorium which, it now appears, should logically follow the "rest cure."

The Sanatorium as an Economic Asset

The value of follow-up work among tuberculosis cases discharged from sanatoria as quiescent is especially apparent in a report recently submitted to the New Jersey Sanatorium for Tuberculous Diseases, Glen Gardner, N. J. The necessity for such work is obvious to the tuberculosis worker, but sanatoria as a whole are not yet equipped to undertake it, nor are the former patients or the general public sufficiently educated to the importance of this phase of the anti-tuberculosis campaign. The following figures illustrate, however, what valuable information may be gathered by means of a thorough follow-up system.

A study was made of 360 Paterson patients, 186 men and 174 women, who had been treated at the New Jersey Sanatorium for Tuberculous Diseases, during the twelve-year period 1910-1922. It was found that seventeen women had married since their return from the institution. Out of the group of 360, 155 or 43 per cent. had recovered sufficiently to return to work, or in other words, were living normal lives. Forty-three out of the 360 were reported as not working and 15 were still sick, making a total of 16 per cent. who were not entirely well. Only 57 of the group, or another 16 per cent., had died. Fifty had moved out of the city and 40 could not be traced, the two headings making a total of 25 per cent.

The figures indicate that out of 360 tuberculous patients the six months' stay at the state sanatorium had given to 155, or almost one-half, the chance to return to productive usefulness. Regarding the cases that were discharged from the sanatorium as not cured, two returned to the institution at the expiration of two years. Ten patients were sent to the Isolation Hospital, two to St. Joseph's Hospital, one to White Haven Sanatorium, and one to Saranac Lake. Two others went to Colorado, one to New Mexico and three to California.

Estimating the economic value of each patient to his community at $100 per year, for an average period of six years, the 155 discharged cases who are today engaged in useful work, represent an economic value to their community of $93,000, which furnishes some idea of the value of the state sanatorium to Paterson.

Six Best Books on Health

At the request of the Survey, Mr. Jacobs has prepared a list of what he considers to be the "six most essential books for health workers." The Survey is planning to display sets of health books at its book exhibit at the National Conference of Social Work in Washington, May 16 to 23. The following six books have been selected by Mr. Jacobs as his choice. In selecting them an effort has been made to include books that are both comprehensive and give a general view of the health field for the lay worker, particularly, and also those that give a special view of certain specific health problems. The list follows:

"Public Health and Hygiene," by W. H. Park, published by Lea and Febiger, Philadelphia.

"Pulmonary Tuberculosis," by Edward O. Otis, published by W. M. Leonard, Boston.

"Health Training in Schools," by Theresa Dansdill, published by National Tuberculosis Association, New York City.

"Public Health Nursing," by M. S. Gardner, published by Macmillan Co., New York City.

"A Mind That Found Itself," by Clifford W. Beers, published by Longmans, Green Co., New York City.

"The Sex Factor in Human Life," by T. W. Galloway, published by American Social Hygiene Association, New York.

Slide Talk for Clinic Patients

The Boston Tuberculosis Association has undertaken a novel experiment in health education by showing lantern slides at the clinics of the Boston Dispensary. As patients are often forced to spend considerable time awaiting their turn for examination, the association believes that such time may well be used to help educate the people regarding tuberculosis and general disease prevention.